

FEATURED PROGRAM



Something New

Knock-Out is a safe workout for aging adults. The course includes warm-ups, introductions of jabs, upper-cuts, hooks, cross punches, and speed bag moves done individually and in combinations. Foot movement and quadriceps "bob and weaves" are added, and in no time, there are workout combos. The class ends with a cool down and stretches."

Beginners' Knock-Out:

Our Knock-Out program and instructor, Linda Thomas is this weeks feature. Linda Thomas. Linda is one of seven children from Portsmouth, Virginia. She has one son and three grandchildren. Just as her talents in the fitness arena are diverse, so is her career. She retired after 40 years as a licensed and registered Radiation Therapist. While working full time and teaching in the field of Radiation Oncology, Linda also developed a love for travel and began a 21-year travel business. Can you imagine having Linda as your group travel leader? How much fun or mischief would that be? Another one of her successful companies included a commuter service store in Croton Falls, NY.

Although forced into retirement in 2011, her entrepreneurial spirit continued. Linda has been a licensed fitness instructor since 2008. She holds certifications in Zumba, Zumba Gold, Aqua & Toning, DXF, Battle Rope, and Barre. Linda even demonstrated Zumba on the National Mall in Washington DC for the 25th anniversary of National Black Women's Health Imperative. Other community engagements included the March of Dimes, American Heart Association, and her most endearing, the annual Zumba toy drive in memory of her mom to benefit the Grace Smith Domestic Violence Home. A co-host on a radio station, she has never lost her touch.



Jennie Griggs
Program Director

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try **new** things." –
Nate Berkus

Summer Special

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OFFICIAL SPONOR!**

**Donating half of proceeds
for ear wax procedure
through August 31 to the
senior center! Tell them we
sent you.**

VIRTUAL FITNESS CLASSES:

NEW! Beginners KNOCK-OUT with Linda: (North & East Wake)

"Knockout," easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community. (especially you guys!)

Call Northern Wake Forest 919-554-4111 for signup, waiver and link to virtual program.

Line Dance is back with Ronnie: Every Thursday at 11am beginning Thursday 11 July 23, 2020.



VIRTUAL CLASSES:

NEW! Genealogy Program: Starting as a discussion group to determine where participants are in their research, and their experience level is in genealogy. As the program progresses, there will be information sessions, and guest speakers added. The core of the program will be celebrating the participant's successes and group support when they find themselves at a roadblock in their research. The program will meet every other **Monday at 2 pm** for an hour, and within each session, there will be time for people to share what they have accomplished and any stories they have uncovered. Although Mike will organize the meetings, it will involve group participants for the content. This is because genealogy can be a personal journey into the past, and steer the individual needs of the participant driving the planning of the program. The program will start as a virtual program and transition with the center as it returns to onsite programming.



VIRTUAL SERVICES:

Free online hearing test: Heritage Audiology: <https://link.edgepilot.com/s/21a95f44/BeyC-WVlzUG9-iEdDny-FQ?u=https://hearing-screener.beyondhearing.org/HeritageAudiology/oeYeDv/welcome>



North Carolina Baptist Aging Ministry's Free statewide phone line for seniors call 866-578-4673.

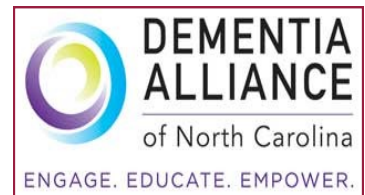


VIRTUAL PROGRAM OPPORTUNITIES:

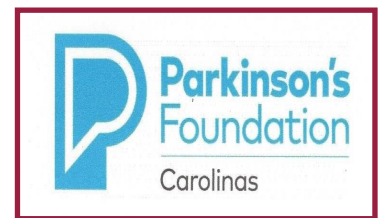
Powerful Tools for Caregivers: This class is an award winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges. Course limit 14 participants open only to family caregivers not professionals or paid caregivers. Presented by the Center for Volunteer Caregiving and Resources for Seniors. Meets every other Tuesday starting on July 21, 2020 and ends August 25, 2020. 2:30—4:00PM. Six- ,90 minute sessions of practical training. To register contact Lisa Hoskins at The Center for Volunteer Caregiving 919-460-0567 or lhoskins@ctrvolcare.org.



Pathways to Peace-Support Group July 6 @ 2 – 2:40pm: - Grief Support Group at the Cary Senior Center the 1st Monday of the month. Sponsored by Heartland Hospice and Resources for Seniors. Contact: Heather Arcuri (919)462-3983 or carysc@rfsnc.org for more information.



Alzheimer's and other Dementias Caregivers support group. - July 16 @ 10- 11:30am: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementianc.org.



Parkinson's Support Group Meeting—August 5th @ 1 - 2:30pm: Meeting at the Northern Wake Senior Center. Contact: Heather Arcuri at 984-232-4523 or carysc@rfsnc.org

Getting the Care you Need: Parkinson's Disease While in the Hospital : July 17, 2020 10:30am—11:30 am via Zoom Link to register: <https://www.parkinson.org/carolinasaic>. During the COVID19 pandemic, hospitals and other healthcare facilities may restrict access of caregivers/ care partners or family members. Get tips on how to successfully communicate patient needs during these trying times. . This meeting is open to members of Parkinson's support groups in North and South Carolina. Contact Diana Parrish 336-817-41909; dparrish@parkinson.org



Wake Tech Classes: Fall semester including details for Plus 65 courses (not named specifically in the link but alluded to by verbiage for this cohort). <https://link.edgepilot.com/s/134d3952/An30B2ggK0aMqZfHjIOmEA?u=https://www.waketech.edu/about-wake-tech/learn-well>.



Medicare 101– Tuesday August 4th, 2020. Call Susan McGuire to pre-register 984-232-4215 or raleigh@rfsnc.org to receive your link. Presenter is Gary Knuston, with SHIP. The seminar provides non-biased overview.. Medicare and its programs.

DID YOU KNOW:

ABSENTEE BALLOT INFORMATION:

Any registered voter may vote an absentee ballot. State law requires that you submit the North Carolina Absentee Ballot Request Form. Completed absentee ballot request forms can be mailed, emailed, and faxed to the Wake County Board of Elections. **Absentee Request Form** (attached) <http://msweb03.co.wake.nc.us/bordelec/downloads/9forms/9formslist/AbsenteeRequestForm.pdf>

SPECIAL BENEFITS TO VETERANS: The Department of Veteran Affairs offers a special benefit to war era veterans and their surviving spouses called Aid and Attendance (Improved Pension). This is a tax-free benefit designed to provide financial assistance to help cover the cost of long term care in the home, in an assisted living facility or in a nursing home. This Benefit is for those veterans and surviving spouses who require the regular attendance of another person or caregiver in at least two of the daily activities of living such as bathing, dressing, eating, toileting, and transferring. For more information call :The Carolina Estate Counsel web page <https://link.edgepilot.com/s/10d46cc1/jBCvKyQqikiaVvi9I-exNQ?u=http://www.carolinaestatecounsel.com/> has additional information under the "Aid and Attendance Pension" tab.

INTEGENERATIONAL PROGRAMS:

Cooking-Matters at Home online Webinars "Kids in the Kitchen" on July 16th and "Flexible Recipes" on 30th. Visit the Inter-Faith FOOD Shuttle Facebook page for more information. <https://www.facebook.com/FoodShuttle>.

COVID 19 Vaccine testing volunteers needed: Wake Research, a clinical trial site network headquartered here in Raleigh, NC. is currently enrolling individuals in a vaccine study for COVID-19 beginning in July. The study will accept at-risk individuals who are most vulnerable to COVID-19 to investigate the efficacy of a vaccine. We are seeking adults 65 and over who are currently not residing in long-term care facilities as well as all adults with underlying medical conditions putting them at risk (asthma, obesity, diabetes, etc.). <https://link.edgepilot.com/s/741889b7/ZJkNihpDFkSkZF3KX6WTcQ?u=https://www.wakeclinical.com/study/covid-19-studies/?site=20>



OUR DEEPEST SYMPATHIES:

OUR DEEPEST SYMPATHIES: To the friends and family of::

Niki Slobin; Departed this life on Thursday July 5, 2020. We wish to thank her for her talents, and selfless contribution to all of those she touched.



NEXT WEEK AT A GLANCE:

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Aerobics	8:30 Tai Chi Information Day	9:00 Walk with Ease	8:30 Tai Chi	9:00 Walk With Ease
11:00 Drawing Class	9:00 Beginners Knock-out with Linda	10:00 Aerobics	9:00 Beginners Knock-out with	10:00 Aerobics
11:30 Zumba with Maria	9:30 Water Color	11:30 Zumba	1:00 Need 2 Know	10:00 U.S .Constitution
3:30 Live stream	1:00 Acrylics	3:30 Live stream	3:30 Live stream	11:30 Zumba
	2:30 Powerful Tools for Caregivers			3:30 Live stream
	3:30 Live stream			

JUST A REMINDER:

Re-launch, new name, and site for Navigate 2020. Now called *Need 2 Know*

Zoom series. https://link.edgepilot.com/s/3ca89317/Vz3oqg6yn0_OkGdtaL1esg?u=https://www.facebook.com/events/249717779585985/

Elder Law: Annette Rhodes, Attorney will present a new six session series will be available on our You-TUBE channel beginning the week of June 16th. The first topic will be Long-Term Care Insurance – Where to Start and Why

Follow us daily on Facebook: New posts and live-streams Monday-Friday:

www.facebook.com/NWSCenter.

Bible Studies on book of John presented by Jason Burgess, Senior Plan Advisors
Visit our YouTube channel.

Watch Northern and Eastern Wake's new YouTube sessions: www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

EVENTS:

Sign Mobile Mammography: Limited number of spaces. Mobile Unit is going to be in Eastern Wake Senior Center on July 30th. Call them to schedule 919-365-4248.

ARE YOU INTERESTED:

ON DOING YOUR OWN CERAMICS?

Do you want to finish a ceramic piggy bank, Flower pot, or Santa Clause ? For more information call Rosetta 919-365-4248.

EMPLOYMENT: Contact Tom McMahon with Caring Senior Services
@ 919-703-6258 or hc1ral@caringinc.com.



IN ADVERTISING IN OUR NEWSLETTER

OR

IN SPONSORING ONE OF OUR
FITNESS CLASSES

PICTURE YOUR ADD HERE

Contact JENNIE GRIGGS
919-554-4111
jennieg@rfsnc.org



A shout out to Cadence Senior Living for their never-ending support of the senior center.